

Naalya Food 24th June 2025 Bulletin

Rotary
Kampala - Naalya



Issue 48 | 2025



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EDITOR'S NOTE

Dear Friends,

As I draw the curtain on my tenure as Bulletin Officer, I am overwhelmed with gratitude and a touch of nostalgia. It has been a truly enriching journey, one that has allowed me to share our Rotary stories, spotlight our achievements, and celebrate the spirit that makes our Club so vibrant.

Thank you, each one of you, for your unwavering support, contributions, and encouragement throughout this journey. Your engagement gave purpose to every edition and turned each bulletin into more than just a publication; it became a mirror of our shared Rotary passion.

To our regular contributors, **Godfrey Okello-Omoding, Denis Jjuuko, Pamela Kawaddwa, Ronnie Mutebi**, I am especially grateful. Your stories, reflections, and insights have breathed life into our pages and reminded us all of the



beauty and impact of service above self.

A heartfelt thank you to my co-editor and Rotary mentor, Past President Sylvia Nankya. Your dedication, keen eye, and creative spark have been the heartbeat of our editorial success. Working with you has been a masterclass in collaboration and commitment.

To our Club leadership, thank you for the trust you placed in me and for providing the

space to serve and grow in this role. Congratulations to our incoming President, Rtn. Charles Owekmeno, and your dynamic team. I am confident that your vision will lead us to new heights of impact and innovation.

It gives me great joy to hand over the editorial torch to **Rtn. Peter Simon Nyanzi**. With his sharp pen and fresh energy, I have no doubt the Naalya Food Bulletin will soar to even greater glory, capturing our Rotary journey with renewed flair and focus.

As I step aside, I do so with a full heart, proud of what we have achieved together and excited for what lies ahead. Let's continue to tell our stories, amplify our impact, and inspire service through every page we turn.

With heartfelt appreciation,

Rtn. Keno Lillian
Outgoing Bulletin Officer

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Feedback

We'd love to hear from you about any of our stories this year 2025. Contact the Bulletin Officer: **+256 782 601 009** or Email **rcklanalyafoodbulletin@gmail.com** or **tap on the buttons** below

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President's Message

RTN SYLVIA JAGWE OWACHI
Magical President 2024-2025



Dear Rotarians and Friends,

As we come to the end of the Magical Rotary year it is unbelievable that it has gone by so fast. Thank you all for walking this journey with us and I hope you have experienced many magical moments shared through our weekly bulletin. Thank you our bulletin team Rtn Lillian Keno and Rtn Sylvia Nankya for serving above self.

As I pass the baton to the new leadership I am happy with what has been accomplished together and a big thank you to the Board and Officers for serving unreservedly. We have grown our membership and had several member engagement activities such as participation in the 5 Aside tournament, the Cancer Run, the peace walk, the peace concert, the fun fellowships and home hospitalities which

have increased our bond as members.

This year we have given the highest we have ever achieved to the Rotary Foundation surpassing our target. We had 2 members become Major donors, 4 go a level up as PHF plus and 3 New PHFs. A big thank you to all members who have given towards the foundation.



As I pass the baton to the new leadership I am happy with what has been accomplished together and a big thank you to the Board and Officers for serving unreservedly.”

Empowerment Project. We have had club members sponsor students in Kamuli to keep the girls in school and in partnership with RedOak Group Ltd we donated to The Missionaries of the Poor.

In addition, this year we increased our collaboration with the Rotaract Club of Kampala Naalya and sponsored 4 youth for the Rotary Youth Leadership Awards (RYLA).

Once again thank you all and special thanks to My District Governor Anne Nkutu, my Assistant Governor Rtn Kimberly Kasana, Charter President Rtn Dr Francis Lakor and all Past Presidents, The entire Board and Officers that served with me, The Buddy chefs, and all members of the Rotary Club of Kampala Naalya for the support.

It has been an honour serving and as I hand over to Rotarian Charles Owekmeno I have no doubt that he will take our club to even greater heights. I wish him and the incoming Board a fruitful year of service!

Be Blessed.



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Rotary, Gates Foundation Extend Partnership with USD 450 Million Commitment to *End Polio*



BY RTN SYLVIA NANKYA

Rotary International and the Bill & Melinda Gates Foundation have announced a renewed joint commitment of up to US\$450 million to accelerate efforts to eradicate polio globally.

This marks a powerful continuation of a longstanding partnership in the fight against the disease.

At the 2025 Rotary International Convention, President Stephanie Urchick emphasized Rotary's unwavering dedication to global health.

"We are not backing down from our commitment to public health," she said. "This renewed commitment is more than funding. It's a promise to future generations and proof that when we work together, we

achieve the extraordinary."

Under the renewed agreement, Rotary will contribute USD 50 million annually for the next three years, and for every dollar raised, the Gates Foundation will contribute an additional two dollars, bringing the total potential investment to USD 450 million.

These funds will support the work of the Global Polio Eradication Initiative (GPEI), focusing on

high-risk areas such as Afghanistan and Pakistan: the only two countries still reporting cases of wild poliovirus.

“

These funds will support the work of the Global Polio Eradication Initiative (GPEI), focusing on high-risk areas such as Afghanistan and Pakistan.”

Bill Gates, Co-Chair of the Gates Foundation, reaffirmed the Foundation's trust in Rotary's leadership and the global partnership to end polio:

"Rotary was the first to envision a world without polio and today, we have the tools and knowledge to make that vision a reality. If



we all maintain our commitment and keep funding the solutions we know work, then soon, no family will have to live in fear of this horrific disease again."

Since the launch of PolioPlus in 1985, Rotary has contributed more than USD 2.9 billion to the cause. Canadian Rotarians alone have contributed over USD 50 million, and the Government of Canada has recently pledged CAD 151 million, adding to its total contribution of over CAD 1 billion.

The impact of these efforts is undeniable. When the GPEI was founded in 1988, with Rotary, WHO, UNICEF, and the U.S. Centers for Disease Control and Prevention as founding partners, there were 350,000 cases of polio annually.

Today, that number has dropped by more than 99.9 percent, with over 20 million people spared from paralysis thanks to coordinated global efforts.

Mike McGovern, Chair of Rotary's International PolioPlus Committee, highlighted both the progress and the challenges:

"While historic progress has been made, 90 percent of the world's population is now free from wild poliovirus challenges remain,



including fragile health systems, competing financial priorities, and recent outbreaks in previously polio-free areas like Papua New Guinea. The threat of polio anywhere is a threat everywhere."

He added that the extended partnership will allow

“

Because of your audacity to start and your tenacity to finish, we are closer than ever to making polio the second human disease to be eradicated..”

for expanded vaccination campaigns, enhanced disease surveillance, and critical community outreach.

Indeed, Rotary's emergency response capabilities were evident in late 2024, when the organization swiftly committed USD 500,000 to

support a two-round polio vaccination campaign in Gaza, after a confirmed case in a 10-month-old child.

At the Convention, Dr Tedros Adhanom Ghebreyesus, Director-General of the World Health Organization, praised Rotary's role:

"Rotary were pathfinders in the drive to eradicate polio. Because of your audacity to start and your tenacity to finish, we are closer than ever to making polio the second human disease to be eradicated. But the last mile is always the hardest."

He warned that cuts to global health budgets and disruptions to supply chains are threatening progress, but remained hopeful:

"In every crisis lies an opportunity. Rotary's voice is essential to hold governments accountable to their promises. Health can be a bridge to peace. There is no health without peace, and no peace without health."

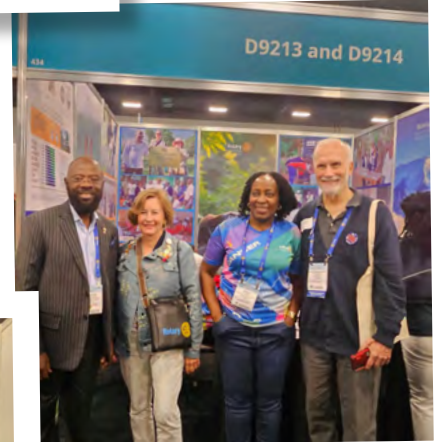
The convention also spotlighted Rotary Fellowships, groups that connect Rotarians with shared interests, underscoring how Rotary's service transcends borders and causes from polio to peace.



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• L-R: CP Francis Lakor, PP Flavia Serugo, PN Christine Amucu, PP Sylvia Nankya and PP Herbert Oloka



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Glorious End



BY **IPP GODFREY OKELLO OMODING**
Club Training Facilitator

Yes, the rotary year has come to an end. There is a time for everything, King Solomon proclaimed (Bible, Ecclesiastes 3:1). How you end it matters. This is the Club's last Bulletin of the year, an award-winning bulletin for the last two years. What a glorious time it has been to be very closely connected with this an award-winning bulletin! It is time once again to say thank you to the bulletin team for their devotion and dedication.

I have enjoyed the year being the Immediate Past President and Club Training Facilitator. Closing working with the Magic President Sylvia Jjagwe Owachi. It was such good time. Indeed, she exhibited magic. As it is said, let your light be beamed by your successor. President Sylvia, I thank you for leading us in such a magical and wonderful way. You were yourself at your best.

True, time runs but the spirits get connected, consolidated and strong to make another tread. President Sylvia, you have "pushed" me to fully graduate to the status of past president. I leave you room to graduate into immediate Past President status. President Charles Owekmeno will be beckoning on you for your support. Do the needful in the spirit of our Club. President Charles and your

team, you are very much welcome.

For our Club members, this year has been time of our pride. The time we are proud of ourselves, our history and our

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I have enjoyed the year being the Immediate Past President and Club Training Facilitator. Closing working with the Magic President Sylvia Jjagwe Owachi. It was such good time.”

achievements as a Club. Yes, we had an illustrious time, the District Governor's Club. The echoes that went high across the nation and the global. What a reference! In case you did not use this opportunity in introducing yourself before other Rotarians, there are still only six days left, make use of this time.

The year has been great for us as a club, climaxing it with hosting a historical Source of the Nile District Conference in Jinja. Besides, internally, we had several ends of month celebrations, great speakers, and an increase in our membership and giving to the Rotary Foundation. Obviously, no doubt, we



have remained with this warmth to take us to the new rotary year. The print we have of the new rotary year is projects and projects and projects. The way things look, President Charles is the president of action in and upon actions.

The fact of life is that what we have had this year cannot change but what we have planned for next year may change. It gives us a challenge to see to it that a better future is attained in the spirit of success. Success flow to where there is an embedded spirit of success. This is what we are. It is engrossed with our determination. Let this year's happenings give us the lessons, right from the individual level. Any recall of past achievements should come to us with a drive to do more. I come to the end of the

rotary year with a deep appreciation of whatever little I was able to do or contribute. May be there could have been more I would have done. But, whatever I did, I did it with a will to do the best. It

is clear in my mind that in rotary there is a lot to do. As a group, even more can be achieved. What remains strikingly important to me is meeting my obligations as an individual. This calls for a certain level of self-consciousness.

How am I prepared for the new rotary year? This is a

question of putting one's spirit head. The spirit to draw; first, my obligations to the club and, two, the enablers the club has. These are fundamental for one to make his/her contributions. The tendency, sometimes, we the individuals have is



to look at the enablers more. Pour all the blames of our weakness on the enablers while running away from our

individual obligations as simple as attending club meetings. From my part, I want be one to be counted whenever the theme of the year-Unite for Good is read or mentioned. It must go into my consciousness at every moment of the year that unity comes when I'm making my contribution. My contribution should be inspiring, giving hope, and motivating. I must commit time to it.

Thank you, all the Rotarians, for the glorious end of the Rotary Year, 2024-2025. I wish you the best in the New Rotary Year 2025-2026. Be blessed.

“

The fact of life is that what we have had this year cannot change but what we have planned for next year may change.”



Rtn. Lillian Keno
Outgoing Bulletin Officer



Rtn. Peter Simon Nyanzi
Incoming Bulletin Officer

A large circular graphic in the center of the page shows two hands, one from the left and one from the right, holding a red baton. The hands are positioned as if they are about to pass the baton. The background of the circle is a dark, smoky or misty texture. The overall background of the slide is a bright blue sky with white clouds.

Passing the Baton of Bulletin Officer

Meet our Incoming Bulletin Officer - Rtn. Peter Simon Nyanzi



Mr. Peter Simon Nyanzi - Business Journalist & Communications Consultant

PROFILE:

Peter easily describes himself as a veteran business journalist - boasting of over 20 years of experience in journalism, communications and professional writing.

He has previously worked at leading media houses including the New Vision, Daily Monitor and The Independent News Magazine. He is an accomplished author, editor, film maker, communications and journalism trainer, and writing coach.

He is currently working privately in new media technologies and communications consultancy. Prior to joining the media industry, he worked with community development and childcare organisations where he was grounded in the ethos of living beyond self.

Peter is also a committed Christian who espouses strong family and community values.

Throughout his career, Peter has played different leadership and team-building roles in cross-cultural contexts.

He is particularly committed to youth development and empowerment, always thinking of new ways to enable them participate in ventures that empower them for self-employment and community development.

He sees joining the Rotary Club of Naalya as an opportunity, not only to deploy his many skills in the service of others, but also to help other people tell their stories to the world.

Peter has no doubt that his wide experience in the media and communications industry would contribute immensely to the gallant efforts to create positive and impactful change, not only at club and district levels but also globally, and for many years to come.

"I'm extremely excited to join my media colleagues such as Rtns Sylvia Nankya, Denis Juuko, Joachim Buwembo, Jimmy Serugo, among others, who have been members of this club for many years," he says.

"I can't wait to start getting my hands dirty in service beyond self," he adds.

Districts Urged to Invest in Peace and Earn Global Recognition

BY RTN SYLVIA NANKYA

Rotary Districts around the world are being called upon to make a lasting impact by investing in peace and, in doing so, earn recognition as Global Peacebuilder Districts.

By contributing US\$25,000 from their end-of-year District Designated Funds (DDF), districts can support the Rotary Peace Centres and Rotary's broader peacebuilding efforts, including the transformative Rotary Positive Peace Activator program. This contribution not only strengthens Rotary's global peace infrastructure but also acknowledges the district's commitment to sustainable solutions for conflict prevention and resolution.

"Rotary does not just talk about peace, we build it," a Rotary International statement reads. "Through education, partnerships, and grassroots community work, we create the conditions where peace can flourish."

Established in 2002, the Rotary Peace Centres are at the heart of Rotary's commitment to peace and conflict resolution. Each year, the program selects a highly competitive group of

peace fellows from across the globe to pursue either a master's degree or a professional development certificate in peace and development-related fields.

The Rotary Peace Centres are located at:

1. Duke University and the University of North Carolina at Chapel Hill, USA
2. International Christian University, Japan
3. University of Bradford, England
4. University of Queensland, Australia
5. Uppsala University, Sweden
6. Makerere University, Uganda (Professional development certificate program)
7. Chulalongkorn University, Thailand (Professional development certificate program)

These centres provide fellows with hands-on experience, academic rigour, and a global network of experts and peers. The programs emphasise practical training in areas like conflict resolution, mediation, human rights, leadership, and international development. To date, over 1,600 peace fellows from more than 140 countries have graduated from the program and are serving as mediators, policy advisers, community leaders, and humanitarian

workers.

Funds raised also support the Rotary Positive Peace Activator program, a partnership between Rotary and the Institute for Economics & Peace (IEP). This initiative equips Rotarians and community leaders with the tools to promote the eight pillars of Positive Peace such as good governance, equitable resource distribution, and high levels of human capital within their communities.

Rotary's peacebuilding initiatives go beyond conflict zones; they address the root causes of violence and inequality, from poverty and lack of access to education, to systemic injustice and climate insecurity.

Districts that commit to this peace investment will be honoured as Global Peacebuilder Districts, joining a select group of Rotary leaders working at the forefront of sustainable peace. This recognition underscores Rotary's role not only as a humanitarian service organisation but also as a global peace convener.

In a world facing growing uncertainty and division, Rotary says: Peace is possible and it begins with us.

For more information about how to contribute or become a Peacebuilder District, visit rotary.org/peace-fellowships.



The
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Foundation



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Last week's fellowship



Fun Facts

It's a Wrap!

The phrase “It’s a wrap” is one of those vivid expressions that has travelled far beyond its original setting, and now, it perfectly marks the conclusion of our Rotary storytelling journey this year before a new team takes over, effective July 1.

Where It All Began

“It’s a wrap” first echoed through the bustling film studios of 1950s Hollywood. Directors used the phrase to announce the end of filming for a scene or an entire movie. When they said, “That’s a wrap!”, it meant: no more takes, the cameras could stop rolling, and the cast and crew could finally relax.

But this phrase quickly grew beyond its technical use. It came to represent not just the end of filming, but also a moment of shared pride and achievement; a signal that something creative and collaborative had come to a satisfying close.



From Film Sets to Everyday Life

Over time, “that’s a wrap” leapt off the soundstage and into the mainstream. Today, people use the phrase in all kinds of settings from offices and classrooms to personal milestones and events.

Whether it’s the end of a long meeting, the completion of a group project, or the final touches on a home renovation, saying “It’s a wrap” has become a universal way to announce that a task is done, and done well. It often carries a sense of relief, pride, and celebration.

The beauty of this idiom lies in how it has remained relevant and versatile, evolving with language and culture while still holding onto its original cinematic flair.

And So... It’s a Wrap for Us Too

As we sign off on this final bulletin for the Rotary year, Lillian and I can’t help but feel the resonance of those famous words: “It’s a wrap!”

This marks the conclusion of a meaningful chapter, months of telling Rotary’s impact stories, sharing community milestones, and celebrating service above self. Just like on a movie set, it’s not just about finishing a task, it’s about honouring the effort, collaboration, and creativity behind it all.

So as the curtain gently falls on this Rotary year, we say it proudly and with full hearts:

It’s a wrap!

~ Sylvia

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Unless we do something, we shall soon be sent to the villages to die

BY RTN. DENIS JJUUKO



In the years when HIV/AIDS was wreaking havoc to the country, it was not uncommon to hear that somebody who is sick has been sent from the city to their village. Whenever you heard about it, tears simply rolled down. It was a metaphor for death. Everything has been tried and there is nothing else to do.

Chronical illnesses leave many families in poverty and since there was nothing else the family could do, they decided to cut expenses, one of which was the transportation of a dead body. Transporters always charged a fortune. They understood that we may abandon people when they are alive but show immense love to them when dead! And that was before funeral management became a professional service.

One could have thought that we had turned

a corner from those devastating years of the 1980s and 1990s. That falling sick didn't mean death but we seem to be slipping back to those dark days.

At least two recent cases provide a reminder of where we are. It all started with a senior judge detailing the difficulties she faced when her now late husband was admitted and ended up describing the national referral hospital as "a monument" to the chagrin of its administrators.

Before that dust could settle down, the country woke up to a crowd fundraiser for a heart transplant for one of Kampala's highflyers who unfortunately died before the money could be raised, raising another spotlight

on Uganda's healthcare challenges.

The majority of Ugandans have no money to run to a private health facility in Kampala or any town in Uganda for that matter."

The two cases above were public figures hence the publicity they raised. People were bitter that we have neglected our healthcare by outsourcing it to private and foreign hospitals. If you have some money, you run to a private hospital in Kampala. If you have real money, you run to Nairobi or other foreign capitals outside

the continent.

The majority of Ugandans have no money to run to a private health facility in Kampala or any town in Uganda for that matter. They resort to witchdoctors, fake pastors and prayer to survive. And probably we are about to start seeing families sending back the sick to their



villages to die like it was in the late 1980s and 1990s.

We many times get obsessed with economic growth and transformation, rolling figures off our tongues. And as the national budget is being read this week, such numbers will be making headlines once again.

If we really want to put money in people's pockets, we must think about social services such as health and education. The cost of healthcare goes beyond what we pay to buy the drugs and pay for consultation fees. There are many lost hours when one falls sick. The sick person and the caretakers are unable to work and are spending money on transport and medicine. Given who we are, others are spending money to check on the sick. It deters economic growth.

There is a need to improve our healthcare services as well as promoting health seeking behaviours among the population. If people

are healthy, they will be able to attend school or get involved in productive work that leads to economic transformation.

Although one of the cases mentioned above involved a heart transplant and many people called for establishment of such facilities, it is probably something that we can do in the future. The doctors who can do heart transplants and such high skilled procedures exist in Uganda

but if we are still dying of malaria and such other diseases, our focus should be on primary healthcare services.

Lower-level health centres should have well trained personnel who are motivated to work and given the tools they need to diagnose and treat people. The majority of our people seek

services at such facilities but many times when you visit, you see despair. From people suffering from simple diseases such as malaria or women getting

complications while giving birth. Many times, the health workers are very frustrated. They see their patients die who shouldn't be dying.

When such patients die, we convince ourselves that it was God's plan. It wasn't at all. We simply failed at the basics. One of the basics we have failed at as a country is health insurance for all. We know the cost of healthcare. We also know that the benefits of health insurance for all can offset the costs of healthcare but we do nothing about it.

Unless we do something about healthcare for all of us, we shall return to the days of being sent to the village to die. The highly connected may laugh at this. But I have heard of some who have been sent back from Nairobi and India to die from here.

The writer is a communication and visibility consultant.
Email: djuuko@gmail.com

“

There are many lost hours when one falls sick. The sick person and the caretakers are unable to work and are spending money on transport and medicine.”



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Family Matters



BY PASTOR RONNIE MUTEBI

Proverbs 20:21 (NKJV): An inheritance gained hastily at the beginning will not be blessed at the end.

WHY RESPECT THE PROCESS

The world we live in levels on instant gratification and often speed is mistaken for success.

The birth of anything thrives on birth pangs and resilience.

FAMILY MATTERS am sure is defined by how one feels; One may think I've been sharing on the importance of family, while another may assume that the focus has been on all that matters in a family....selah.

As we close in to the end of this awesome journey of what was defined by how it's

understood, our memories anchor us on with clarity.

It's been a worthwhile experience of a weekly submission that has really defined perceptions. Thank you to all who have enjoyed FAMILY MATTERS.

Back to our theme of the day which reminds us that not everything that comes quickly ends well. There is a kind of blessing that, when received before its time, becomes a burden. This is the danger of hasty inheritance or transfer of mandate.

This warns us that when inheritance—whether material or positional—is gained too early, it may not end in blessing. Why? Because such inheritance sometimes neglects the process. This edition is to all who have endured the groanings to ensure glamor and glory.

When we bypass the process, we forfeit the inner formation that sustains the outer reward. We may hold the crown but lack the character to carry it. We may receive influence but crumble under pressure because endurance was never built in the secret place.

Consider the story of the prodigal son. He demanded his inheritance early. What he thought was freedom turned into starvation. He wasn't ready—not because the inheritance was wrong, but because the timing was.

Process grows patience, humility, obedience, and wisdom—qualities that keep the best of us from destruction.

“

We may hold the crown but lack the character to carry it. We may receive influence but crumble under pressure because endurance was never built in the secret place.”

It's easy to desire success and the glamor that comes with it, but it takes trust to walk the path that leads there.

Whatever you're waiting on, remember this: It's not late to make a change. You are in an incubator, being prepared to handle great responsibilities

and places of authority.

Take Home: When we bypass the process, we forfeit the inner formation that sustains the outer reward. We may hold the crown but lack the character to carry it. We may receive influence but crumble under pressure.



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BY **PAMELA KAWADDWA**

I shall gather myself into
myself again.

Taking my scattered
selves and making them
one

I shall sit still, hour after
hour...

Watching the future
come, the present be and
the
past go.

Not forgetting the little
shifting pictures of people
rushing in tiny self-
importance to and fro..

Phwyy



ROTARY CLUB CENTRAL

TRUE OR FALSE

ROTARY'S MOST SUCCESSFUL CLUBS SET GOALS — AND NOT JUST FOR THE UPCOMING YEAR.

TRUE.

When club leaders think about the future and plan beyond their year, they set their club up for long-term success.

CLUB GOALS ARE ONLY THE RESPONSIBILITY OF CLUB LEADERS.

FALSE.

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